Spout Spring

Spout Spring, May 11.- Mr. and Mrs. Lloyd Vaughan, of Farmville and Mrs .Jacob Lewis visited Mr. and Mrs. Franklin Vaughan on Sunday.

Mr. Sonny Martin has been sick during the past week.

Mr. and Mrs. R. B. McCormick and Maurine visited relatives in Evington on Thursday.

Miss Hazel Moon, who is a missionary to Africa, was the supper and evening guest of Mr. and Mrs. C. R. McCormick. Rev. and Mrs. W. E. Thompson, Jr. also visited in the evening.

Neighborhood sympathies are extended to the family and friends of Mr .Walker Walton.

Mr. and Mrs. Herman Coffman and daughter had Sunday lunch with Mr. and Mrs. Bolden McCormick. Mr. and Mrs. J. T. Ferguson visited during the afternoon . Mr. and Mrs. Billy Reynolds and Ralph had supper with them.

Renew your subscription.

Evergreen

Evergreen, May 12.- Willing Worker Circle met in the home of Mrs. J. C. Staples last week.

Mrs. Rachel McFadden and family visited Mr .and Mrs. Francis O'Brien and family Friday night.

Mr. and Mrs. E. T. Bruce and family spent last week-end with his mother, Mrs. Eva Snowden, at Port Royal, Va.

Mr. and Mrs. Archer LeGrand Jr. and family, and Mr. and Mrs. Maxwell LeGrand, of Balinne spent the week-end with Mr. A. A. LeGrand.

Mr. and Mrs. Witt Woodall, of Lynchburg visited relatives here Sunday P .M.

Mr. and Mrs. H. B. Cralle spent Sunday at Suffolk with Mr. and Mrs. H .B. Cralle Jr. and son.

Mr. and Mrs. S. D. Thompson, of Lynchburg spent Sunday with her parents, Mr. and Mrs. G. W. Glover.

Mrs. Clara Garrett had her children with her for Mother's Day.

Mrs. Melvin Grishaw and little daughter, Carol have returned home from the Virginia Baptist Hospital.

Dinner guests Sunday of Mr. and Mrs. Harry T. Ferguson were Mr. and Mrs. C. J. Paulette, Mrs .Rachel McFadden and daughter, Ellen, Mrs. B. M. Ferguson, Mr. and Mrs. Cecil Lerner and son, Al, and Mrs. Albert Lerner, of Lynchburg; Mrs. McClan, Mr. and Mrs. Harry Ferguson Jr. and children, and Mrs. Mittie Carter. Visitors in the evening were Mr. and Mrs. Gary Bush and son, Mr. and Mrs. Duvall St. Clair, Mrs. Oscar St. Clair, of Lynchburg, and Mr . and Mrs. Sam Ferguson, of Appomattox.

Health and Beauty

The greatest food factory in the world is the plant. It is the source of all nourishment. Meat is not necessary to man as a food. When he eats meat, he is only getting his vegetables and fruits secondhand, after the animals have digested them for their own use, and built them up into flesh, which is largely protein and fat.

The grass upon which the cattle feed is rich in minerals and vitamins, some of which they incorporate into their own tissues, and, in turn, impart to the flesh eaters.

Green fruits are unfit for food and if eaten are apt to cause sickness. The plant utilizes the carbon dioxide which is breathed out as a waste product by the animal kingdom and is in the air. It gets its water from the soil, and like all creation depends upon the sun's rays for the energy which enables it to carry the life-giving chlorophyl or green coloring matter. This is analogous to the red coloring matter in the blood which enables it to carry the life-giving oxygen to every part of the body.

The carbon dioxide and water undergo a chemical change and form formaldehyde and acids. The green fruit containing these substances is sour.

Wonder of wonders, if you permit the fruit to remain unmolested upon the trees, the sour, disagreeable formaldehyde begins to change into sugar. The process of ripening is a complicated affair. The sun carries on the chemical changes until starch is produced, then dextrin, and finally malt sugar. The fruit is now ripe and quite digestible. The juices and sugar are nourishing and contain essential vitamins and minerals.

Vitamin C, which prevents scurvy and is healing to the mucous membranes, is found abuntantly in citrus fruits, tomatoes, fresh green cabbage and so on.

If the fruit is allowed to dry up, it changes again into indigestible cellulose, which is analogous to the bran of grains.

It is a fact that nature wastes nothing, even the residue of plants, fruits and vegetables, which is finally ejected, broken down by bacteria, and undergoes chemical changes. Then it again is taken up by vegetable life, and goes on producing green leaves and fruits which once more sustain animal life. Thus we see the marvelous work of God throughout creation.

KNOW THE WEATHER

By E. H. Sims

How far out from the earth does the "air ocean" extend?

The air ocean, as we call it, extends outward from the surface of the earth no further than two hundred and fifty miles. Many people think that the air ocean extends into outer space only a few miles. Experts say 150 to 250 miles.

This belief has been built up because all life exists from fifteen thousand feet (approximately) and about ten feet below the surface of the earth. Much has been written about this and because no form of life survives beyond about 15,000 feet, some assume no air exists much beyond that point, or beyond the limits of weather.

On the contrary air does exist, and extends outward for many miles. That is why an earth-circling satellite must be pushed so far out into space. It must orbit beyond the thinnest outer reaches of the air ocean to escape friction and the pull of gravity.

Play safe — drive carefully.

Belgium, the Netherlands, argue on border area.

Bonn will stand pat on two ma- jor issues.

Monnerville is French Senate.

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"May Day Sales" Will be the theme of the show and the class exhibited in the bank will be Travelers Checks - at the Bank of Appomattox with arrangements depicting foreign Countries

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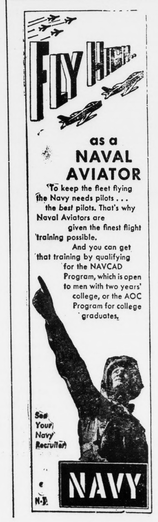
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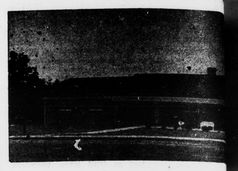

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